

GOLDEN WIND MANAGEMENT MEETS GROSS NATIONAL HAPPINESS IN  
BHUTAN—

CONCEPTS FOR PEOPLE IN A BETTER WORLD

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Draft short version for presentation

Opening remarks:

-There is no need to make notes

-The complete manuscript of this lecture and the short version used now are  
on my English homepage [www.thegoldenwind.net](http://www.thegoldenwind.net)

-We are producing now a video which will be available in youtube end of  
December 2013

-My ebook "LIVING IN THE GOLDEN WIND" will be published in January 2014

## Welcome address

I highly appreciate that you have decided to participate in my lecture.

I am glad to be back in BHUTAN. 1999 was my first visit to your fascinating country. This was the visit when Harald and Angelika Nestroy have married here in THIMPHU.

When I met my dear friend Harald Nestroy almost 20 years ago in Kuala Lumpur, where he was German Ambassador, he told me about his sympathy and attraction for BHUTAN. He convinced me to join the service organization, which is today called Pro Bhutan e.V., as a donor for so many very important projects, where our help was urgently needed.

As a member of Pro Bhutan it is not a bad idea to present this lecture on your "International Volunteer Day". I very much appreciated that you praises in your GNH-Guide "that volunteering and donations of time and money be recognized as a fundamental part of any community service". YES, I agree.

During all these years I have always followed with great admiration your program for GROSS NATIONAL HAPPINESS. Recently I saw the movie: "What Happiness Is". This movie is about the survey in 2010. You are the experts for this requested orientation of your country, I am of course not.

I will not talk too much about GROSS NATIONAL HAPPINESS. I will talk more about LIVING IN THE GOLDEN WIND and how to manage achieving this experience for an individual. From each individual this experience can spread to groups of people, companies, countries. I call it GOLDEN WIND MANAGEMENT. You can learn to manage yourself and others in this respect. This experience may lead to the HAPPINESS for everybody, in a way how you here in Bhutan

want to understand it. The West has different definitions, as you know and this is our problem.

I want to build a bridge between your concept of GROSS NATIONAL HAPPINESS and my concept of the experience of THE GOLDEN WIND. Take the bridge which we have built in Punakha to the Dzong as a symbol. You will find during my lecture and during our conversation thereafter that there are correlations and similarities between these concepts, from different points of view, allowing people a happy life in a better world. This is your intention and it is my intention.

Before I explain my concept of the GOLDEN WIND, I would like to mention some very important points of GNH to which I can refer later on and which may be new for Western people who read my manuscript. I use as citations some important fragments of “A short guide to GNH Index” published in 2012:

“In the GNH Index, unlike certain concepts of happiness in current western literature, happiness is itself multidimensional—not measured only by subjective well-being, and not focused narrowly on happiness that begins and ends with oneself and is concerned for and with one self. The pursuit of happiness is collective, though it can be experienced deeply personally.”

“Gross National Happiness (GNH) measures the quality of a country in a more holistic way (than GNP) and believes that the beneficial development of human society takes place when material and spiritual development occurs side by side to complement and reinforce each other.”

“We have now clearly distinguished the happiness...in GNH from the fleeting, pleasurable “feel good” moods so often associated with that term. We know that true abiding happiness cannot exist while others suffer, and comes only from serving others, living in harmony with nature, and realizing our innate wisdom and the true and brilliant nature of our minds.” (from the opening address of “Educating for Gross National Happiness Conference 2009 by Lyonchhen Jigmi Y. Thinley)

“It includes harmony with nature (again absent from Western notions of happiness) and concern for others. The brilliant nature he alluded to consists of the various types of extraordinary sensitive and advanced awareness with which human beings are endowed and can be realized.” End of quotes.

Not all of you are happy, but you are the only country with a program to make more people happy. Your intention is to improve with preference steadily the situation of the unhappy.

Let me look to the West.

I have found in your GNH-Index that in urban areas the not-yet-happy people have a lack in the non-materialistic domains: community vitality, cultural diversity and psychological well-being. We have much more these lacks in the West.

The people in the Western countries are emotionally, psychologically and spiritually suffering, not materialistically. We want to grow more and become more and more ill. And now the wealth is going down and therefore we are

even suffering more. Psychological diseases like depressions, anxiety and burn-out are growing double digit per year.

For me 'Burn-Out' is the implosion of the self-centered Ego when outside pressure is increasing. If at that point nothing has been developed inside that can keep you strong, you then undergo a breakdown, a 'Burn-Out'. The healing can only be achieved by inner growth, not through any medicine, wellness program or a simple reduction of workload.

The usage of psycho-pharmaceutical drugs is growing double digit as well. We landed in a dead end street with our growth orientation. We need urgently a change. But should we change? But which change? How to change? Important questions!

But the people in our world want to be happy. It's a deep desire in each individual.

Therefore the West is looking the East, to Bhutan. We try to understand your GNH concept. By far the majority, politicians and governments included, will not understand your concept and therefore will not discover the need and opportunities to implement your concept in our world. They don't understand the "Healing Power" of GNH. It is an illusion that the West can easily take over your GNH-program.

For the West it is nice to have, but it should be must have!

Why? Because the urgently needed balance between a materialistic and spiritual orientation is so out of order since centuries that our ego-centered mind and behaviour dominate.

Since René Descartes's "*Cogito, ergo sum*," (*I think, therefore I am*), we have made incredible advances in science, medicine, technology and economics by narrowly focusing upon fulfillment of the ego, taking an 'I-centered' worldview. This has been at the expense of progress on humanistic, intrinsic values. Fortunately in GNH you have a human centered holistic approach.

What will be the ultimate outcome of the collapse of our materialistic world? What will we become when our most admirable human qualities are perceived as precursors of failure? There is another urgent need for change!

The following quote from John Steinbeck remains relevant to this day.

***"It has always seemed strange to me...the things we admire in men; kindness and generosity, openness, honesty, understanding and feeling, are the concomitants of failure in our system. And those traits we detest, sharpness, greed, acquisitiveness, meanness, egoism and self-interest, are the traits of success. And while men admire the quality of the first they love the product of the second."***

In times of excessive economic growth most individuals are similarly focusing upon their external wellbeing, diminishing their possibility of internal growth. It is difficult to convince people that external growth cannot represent the real meaning of life. The harm resulting from this one-sided mind set may be ignored, but the consequences are real. They include loneliness, depression, selfishness and suicide, to name but a few. In the Western industrialized countries, the **Golden Years** are a thing of the past; soon to be a distant memory. My generation has benefited, but our children will have to accept a lower material standard of living.

At the same time as the standard of living is falling, people will be living longer. There will be more elderly and fewer young people contributing to the

economy, and thus less societal support for the elderly. In Germany in 2007, only 40.7% of the population was in the work force. In 2010, 16 million Germans were over 65 years of age. People will increasingly need to explore new opportunities, find new directions, to work on a new mind set, one which will serve them better for the rest of their lives. Recognition of the importance of ***Inner Growth*** is that important opportunity!

People are stubborn. It takes a huge wave of negative dimensions for us to question the validity of our obsession with external values at the expense of our mental, emotional and spiritual wellbeing. But the wake-up call has sounded. Mankind will have to make radical changes in order to have any assurance of a fulfilling future.

The religious philosopher **Karl Rahner** spoke a poignant truth with his words: "***The man of the future will be a mystic or he will no longer exist***".

Mysticism is an inward focus upon the infinite, often in reaction to a focus upon the finiteness of external growth and its adverse consequences.

We lost our mystic consciousness although we have a history which can teach us even today. Master Eckhart, our Christian mystic, lived in the 13<sup>th</sup> century. And now? The churches are empty. More than 60% of the churches are closed in my area in the meantime. The priests cannot lead the believers into the mystic Christian experience of GOD.

C.G. Jung, the very famous Swiss founder of Deep-psychology, said: "I never had any patient with a psychological disease where I not detected after careful anamnesis that the reason for all his problems is the interruption of his connection to the numinous." You may say GOD in our world, the religious reality.

Therefore by far the majority in our world don't see the need for a daily exercise like prayer, meditation, contemplation etc.

You and me, who have made own experiences in daily exercises know that these daily exercises are the condition for inner growth to master your external problems. It needs "sensitive awareness", as I said in quoting your statements earlier.

Let me add here another citation published in the "Short guide to GNH index":

"Although the term "Gross National Happiness" was first coined by the 4<sup>th</sup> King of Bhutan the concept has a much longer resonance in the Kingdom of Bhutan. The 1729 legal code, which dates from the unification of Bhutan, declared that "if the Government cannot create happiness (dekid) for its people, there is no purpose for the Government to exist."

What a wonderful message. None of our Western Governments would exist today. They don't follow the creation of happiness for the people as first priority.

In Bhutan, where the Kings and now the Governments act from a deep Buddhist spiritual experience, they can of course in a TOP-DOWN approach declare the GNH program and lead Bhutan as a developing country into a bright spiritual future with an acceptable standard of living.

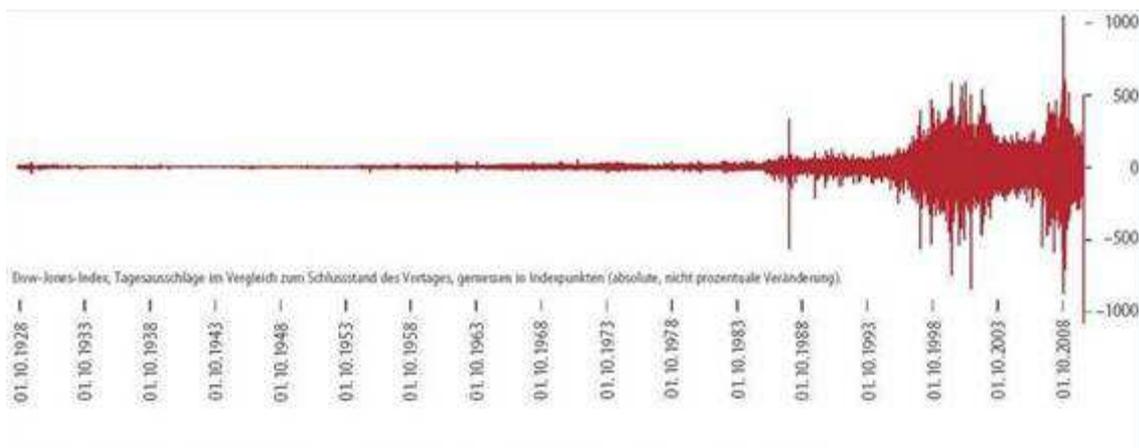
Prime Ministers, Ministers, Governments, Politicians, Managers in the West, mostly all people in the industrialized countries with a high GNP, can never

honestly follow your TOP-DOWN approach. By far the majority have a lack of spiritual experience.

We had recently elections in Germany. Can you imagine what would have happened if any politician would have declared that the growth of the GNP and the growth of materialistic standard of living is not anymore the No 1 target but it is the GNH for everybody. He would not gain very few but enough votes.

Therefore in my opinion our only chance in the West is a BOTTOM-UP approach, where we as individuals with spiritual experience develop our inner growth through different exercises and in doing so, we influence the outer world. Then we may build groups, networks, companies, regions, countries and achieve a balance of materialistic and spiritual issues.

Now, why is today such a need for a change?



(Source: Frankfurter Allgemeine Zeitung)

The volatility of the DOW JONES INDEX has increased tremendously since 1988. During the last financial crisis, the fluctuations were particularly large. Everything in our time is subject to this increased volatility. It is the uneasiness of the *Zeitgeist*. These fluctuations in the outer region lead to similar internal volatility. This applies to each individual and the effects are clearly visible: rushing, hurrying, anxiety, never enough time, nervousness, stress, anxiety, illnesses, inattention, disorientation, burnout and depression.

One could say: The *Outside* reflects the *Inside*. Everyone is longing to return to his inner center.

When I talk you will hear about the “*Reality that has neither form nor name.*” (from: “ZEN” by Daio Kokushi). This ‘reality’ cannot be described in words, such as that which we call God in Christianity. It is as impossible for me to precisely describe it as it is impossible for others. Yet there are many authors who try again and again to find the words, because of their genuine desire to help others. Everyone tries to describe their experiences in small ‘mosaic tiles’. I am also trying to do so from "my" experience, of the mosaic formed by my arrangement of the ‘tiles’.

With your background in Buddhism and the key ideas of GNH you can easily increase your awareness, your compassion and insight into the purpose of your existence. When I travel in your country I feel the serenity, the cheerfulness, the humor and the compassion. In our world we have a lack of these attitudes. If you walk along our streets you feel everywhere the UNHAPPINESS.

Only as sentient humans can we experience the full meaning of our lives. You can learn to feel the *Golden Wind* at every stage of your life, leading to compassionate empowerment.

It is my personal agenda to help people in experiencing consolation and finding peace.

Suffering is the result of a misguided, over-represented orientation to external matters at the expense of the nurturing of an inner orientation. **All** healing begins within. Consider the following wisdom from Confucius:

***"The sage seeks what is within, the fool of what is outside".***

ZEN meditation has been an important part of my life since 1984, as it will be evident in my lecture. *Zen* is neither a religion nor a philosophy. *Zen* is the experience of ONENESS with ALL.

As we progress through life it is beneficial that we should learn how to embody comfort and peace in our daily consciousness. A powerful transmission of consciousness takes place during exercises and personal, cordial encounters..

My main motivation for writing my book and giving lectures is the growing, boundless egoism of many people during the second and third part of their life. The world's financial and economic crises, and the resulting disorientation and feeling of futility experienced by increasing numbers of people in the West are manifestations of this egoism.

When I talk it is my fervent desire that we will meet in a 'dimension' outside of our individual *Egos*. This 'dimension' is the true reality that connects us all. It motivates me to reach out to the many people who, disoriented in their life identity are suffering in this world, which stumbles from crisis to crises. Sadly, there is an ever-increasing number of such people.

When I teach people the LIVING IN THE GOLDEN WIND I can easily explain what you mean with your GNH concept.

### World Crisis

We are facing a global crisis, not only a financial and economic crisis, but also a multifaceted spiritual crisis, aspects of which manifest in a multitude of ways. This crisis will only be resolved when each of us, individually, commits to a change of our personal mindset.

That which is called for after the euphoria of the material world, and thus external growth is, in my opinion, not wealth but **Well Being**. It is the "**real**" personal **Well Being** which can only come from inner growth. This is "specific" for all of us. It belongs to every human being, but has been largely forgotten. And it's very personal. According to my first teacher **Graf Dürckheim** everyone is only a "**whole person**" when the driver of the inner growth, that **Realness**, the **Transcendence**, the DIVINE, **the Golden Wind**, can sound through its materially hardened, encrusted mask (lat.: *personare* = to sound through somebody or something). This **Well Being** cannot be attained automatically. It is always a gracious gift. Each one must, therefore, work individually toward inner growth. This is tedious and often takes the desperation of a fragile growth and affluence as a trigger. One must therefore proceed step by step to enter into the state of **Well Being**. Before that, however, one must let go of the

beautiful *“golden years of prosperity”* of the past. The transformation of the society can only come from a change within each individual being. *“When you change, the whole world changes,”* says a ZEN-Master.

We are living in the twilight of a period when much has been achieved by ego-centeredness and greed. But now, old patterns, structures, and conditions are collapsing and something new and unexpected is emerging.

Reflection leads to the conclusion that for some time most of the people in the West have adopted and been driven by psycho-pathological attitudes in thinking and doing.

The revolutions in Tunisia, Egypt, Libya and other Arab countries swept away their repressive regimes and dictators. Iran, Iraq and Syria are in the headlines of the news.

The striving of entire populations for freedom and for a decent human life based upon humanistic principles is emerging and the treacherous path to freedom is being paved with the blood of the revolutionaries. Some repressive dictators with their considerable military may have temporarily stemmed violence, but might never wins out over the longing of the human spirit for freedom.

Nature is also rebelling. The natural world, which is of top priority in your GNH concept, can no longer be misused for the illusion for growth.

We can conclude that we are in a period of great instability. There have been many such phases in history, followed by phases of transformation. The misguided consciousness of Western societies which has been enthusiastically embraced for so long is no longer viable. Difficulties will accelerate with rapid globalization and the increased use of new information technologies. There is

no shortage of evidence that our politicians lack both the initiative and the ability to initiate and support the urgent changes that are necessary, rather desperately continuing the pattern of utilizing tired old solutions from the past to try to solve today's problems. If I listen to the recent CLIMATE CONFERENCE in Warsaw I have no good expectations for the future. The egoism of many countries is putting a heavy burden on the shoulders of our nature.

**"We have lived beyond our means"**, our government is telling us. What a travesty! Not only have we lived beyond our means, but our politicians and financiers have also misled us, through the adoption of foolishly misguided policies, into unconscionable debt. It is much worse in the other European countries. With the madness and illusion for an everlasting growth of the GNP billions were fueled into the economy.

### The **Golden Wind**

A monk asked Zen-Master **Ummon**: "**What if the tree withers and the leaves fall?**" Ummon replied: "**Perfect manifestation of the golden wind.**" This is the 27th koan of the **Hekiganroku** (the master of the "**Blue Cliff Record**"; Chinese: **Bi-Yän-Lu**). A koan is a problem which cannot be solved rationally. Koans are used in Zen training

My today's teacher **Willigis Jäger** : "**When concepts and ideas disappear, what remains? The mere essence remains. It is the experience of reality. It is the realization of reality. That is the meaning of life. That's one interpretation. But there is another interpretation. The koan is about age, about essence. The being is also existent in our old age. The essence is also the age. It's always about the state of being. Now is the age, now is the frailty. The**

***third part of life in India and in other Asian countries is the time of aging. You ask yourself: Can that be all? In the third part of life one will mature for the breakthrough to transcendence. All previous years are just preparation. But the time has come to complete, especially your birth."***

According to Willigis Jäger's interpretation, gold is the symbol for reality. The **Golden Wind** symbolizes this reality, which is always there, even in our old age. We call it the autumn of life, the time of the **Golden Wind**, because in our process of aging towards death it is very important to experience the ever-present **Golden Wind** and to consciously adopt a practice that will facilitate the disappearance of all concepts and ideas.

My Path Through life – Nurturing Inner Growth

I was born twice. The first time was in January 1942 in Frankfurt/Germany.

In January 1984, I woke up from a trance state and began a very conscious life. I was born in Rütte/Blackforest/Germany for the second time, my spiritual birth. I sincerely wish everybody his spiritual re-birth.

Only after I had not only accepted my hopeless situation of suffering, but also embraced it. During that time I started ZEN meditation.

The following two questions guided me when I was unsure about my decisions:

- Does my decision grant me inner peace?
- Can I avoid harming others, and how can I be of use to them?

I never forgot what my Master Graf Dürckheim told me:

***"Where ever you work in our society and where ever you take over responsibility, the blessing of your work depends on the deepness and the***

*maturation of your own person. It is so important to witness the other world in this world we are currently in. Only the individual can witness the other world, not a group, not an institution, not a society. Therefore we are working here in Rütte on the individual. We learn to follow a path of focused practices and when we are then able to give evidence of the Kingdom of God, we experience the present of grace and love.”*

Working with this spirit for almost 20 years as Director or Chief Executive Officer I was very successful in several large companies. But at the age of 56 former business activities have lost importance for me. I devoted all of my energies to them for long enough.

This **Golden Wind** blows, of course, around us at all times. But for too many it is hardly ever perceived, even after a lifetime in its presence. Many people have lost the sensitivity of even perceiving themselves, let alone the **Golden Wind**, even though as we are permanently immersed in it, there is no searching involved. We possess the sails, the essential experience to feel the **Wind**, but we do not know how to make use of these sails. While the **Wind** blows, the sails hang down limp; we forget to set them. We are constantly flowing through the most important sectors of experience, but are never mindful enough. We do not realize what experiences we could manifest. We are in a trance of non-perception, of non-awareness. We are paralyzed by our Ego-centeredness and do not move as we did when we were children. But life is movement.

How can I make use something of which I am unaware? We can experience the **Golden Wind** with our sails when we enter, with a decisive awareness, into the fullness of experience which then become our sails. Then, as we consciously set

the sails, and only then, will we experience the **Golden Wind** which will safely carry us through our life.

Our ability to experience is blocked by our Ego-centeredness, which was established in the first two thirds of our life. It has often been demonstrated that even people with untold material wealth, more than they will ever need, are often unhappy. We fool ourselves when we say: ***'If only I had more money, I would be happy!'*** Books on happiness are at the top of the bestseller lists; full of many recommendations but no real answers. Clearly people have a great longing for happiness. Even books about age and aging are booming. The development of Our Ego-consciousness begins in our third year. A strong and healthy Ego is essential if we are to master our lives. ***'Performance is everything'*** is our motto. Doubts only arise during our crises. The ***'Midlife Crisis'*** has become an important subject. It is during this period that we reflect upon the contributions of our Ego-consciousness; that it has indeed contributed a lot to our success, but it is also at this juncture that many fears and anxieties emerge that do not disappear. We are masters of suppression. Many of us continue on as before, but the next crisis has already been created, just perhaps not yet realized. When in a life crisis, it is great good fortune to find an experienced spiritual teacher who can accompany you as a professional guide. Daily practice is necessary to open up the narrowness of our deeply engraved Ego. Very few people make progress on such a spiritual path in comparison with all of those who suffer through this crisis. If beginning on a spiritual pathway is not an immediate possibility, there is a viable alternative; practicing **mindfulness** when entering into any familiar experience which has thus far proven impermeable to our usual approaches which has resulted in dimensions of ourselves remaining unavailable to us. **"There is no path, just walk!"** was the title of the last book of **Joachim Ernst Berendt** (1922 – 2000).

The activity of walking is important, again and again with mindfulness and awareness in the spaces of our experiences so as to reach a conscious focus. **Spaces of experience** are, to name but the essential ones: **nature, music, art, dance, religion and love**. In these spaces, according to Graf Dürckheim, there is a greatly increased likelihood of being able to get in touch with the original ground of our being.

If we are not mindful of our experience in these important spaces of experience, we lack an understanding of interconnectedness and may consequently lose a major part of our vitality.

MINDFULNESS is the first step. But then after, the next step must follow. I would call it: "MINDLESSNESS".

No mind, no emotions, nothing, emptiness.

Then and only then we are experiencing the GOLDEN WIND.

People with near-death-experience report about a white light at the end of a tunnel. They feel completely happy, full of bliss, they feel connected with everything and they do not want to return to the dualistic world which they have left. Obviously this is enlightenment! It is a wonderful consolation to know that we are enlightened at the end of our life.

I tell very often people at home, who are listening to me:

**DON'T WAIT UNTIL YOU DIE!!**

**BEGIN NOW!!!**

But why should we not approach this enlightenment earlier in our life through internal growth?

## Will You Remain a Caterpillar or Become a Butterfly?

This is a question everyone must answer for himself. Actually, it is the core issue for everybody's entire life.

The meaning of life is to be open to the experience of this **Golden Wind**. Then our troubles and anxieties dissolve as we become resistant to the vagaries of life. It cannot be stated too often or too emphatically, that *'The purpose of life is to discover and experience the Golden Wind.'*

While happiness may have triggered activities such as an exercise program or the completion of a difficult task, happiness can also result from leisure, experiencing love, good food, friends, or satisfying achievements. It is wonderful when such opportunities for happiness materialize, but the state of happiness resulting from such external sources is not permanent and may quickly be lost when the triggers for happiness disappear.

Here in Bhutan you make it very clear, that according to your understanding happiness

- is multidimensional
- is not only a subjective wellbeing
- is not only focused narrowly on happiness that begins and ends with yourself
- is a collective pursuit

- is experienced deeply personally
- is holistic
- is a material and spiritual balance
- is not only feel good mood
- cannot exist while others are suffering
- is harmony with nature
- is concern for others
- and is sensitive awareness

Isn't it bliss that we desire, that which occurs without cause or prior notice as described by **Ananda** (bliss), in the Vedas. Cause-related happiness is of short duration and is always accompanied by the fear of losing it.

How to experience Bliss? The Vedas have told us already 3000 years ago:

SAT-CHIT-ANANDA  
BEING-CONSCIOUSNESS OF BEING-BLISS

When we are experiencing the consciousness of our being we may all of a sudden feel the bliss which is much more than happiness.

### Spaces of Experience

It is my experience in the West, that it is very difficult for people to meditate daily and continue all your life your meditation practice. I recommend an easier

way to feel the GOLDEN WIND. We are many times a day in spaces which we can use for meditation if we enter mindful, focus and then let the focus go.

Spaces of experience described in my book “LIVING IN THE GOLDEN WIND”

-Space of Experience—Labor, Work and Mastery

It is currently popular to speak about one's Work-Life-Balance. I don't care for this expression as it creates the impression that work and life are separate, are diametrically opposed with work being bad and life good. This leads to the desire for less work and more life which many people would interpret as more free time; time for chilling out and wellness. But work **is** life and the time one has off work **is also** life. **Everything** is life. Therefore I prefer the phrase Life-Balance. It is desirable to get one's life in balance within the **Golden Wind**.

You may perform some kind of manual labor, (Latin: *labor* = tribulation) or you may spend your days in a profession where you are working towards an *opus*, the mastery of some aspect of society, (Latin: *opus*) on behalf of.

We need to strive for a constant synchronicity between meaningful work and an attitude of mindfulness, which one may call ***contemplation in a world of action***. The founder of the famous Jesuit order St. Ignatius of Loyola spoke of ***contemplatio in actionibus***. Our Ego never rests! This is not necessarily detrimental to our development as long as we remain constantly and directly in contact with the **Golden Wind**.

For the past 30 years we have been oriented towards **Sustainable Development** in our economy, where individual companies with their unique principles and cultures have approached a sustainable development orientation in diverse ways. Some have lost their orientation and are in need of a renewed vision, a new compass.

Sustainability for Hans-Peter Dürr means:

*“To Make The Living More Lively”.*

If you manage employees with the intention of making their lives increasingly lively they are highly motivated, full of energy and full of trust. Ultimately leadership is most successful when it does not require the pressure of a strict set of rules, demands and instructions. Too often the opposite happens. Rather than being energized the manager’s initial energy is deflated during the meeting. He is now left to work with a low level of energy to achieve demanding high targets. Leadership is far more effective with **Golden Wind Management**. I know because I practiced it with considerable success! Very often I received intuitions all of a sudden.

Executive managers have to make sure that the people they are responsible for do not harm other human beings and the environment when they act out of their shadow.

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Do you know how we can detect the egoists?

- 1) There is always someone else to blame
- 2) They are easily hurt by criticism
- 3) They need ongoing recognition and reward

Conclusion: Our workplace is an excellent space to experience the GOLDEN WIND and to be successful in a very different manner than the egoists.

-Space of Experience---Disease and Suffering

Each disease has its own specific character and challenge for our life long process of learning. We need to 'decode' the meaning of it . Illness and disease stretch us to examine to what extent we are able to let go, step back from our 'control center' and give up our ego centeredness. Suffering is **always** a call for increased awareness and change. Moment by moment the practice of mindfulness is both demanded and required.

## **Space of Experience**

### **Nature**

Nature is the most important space of experience for many people; it has top priority in your GNH concept. It most certainly is for me! I had many spiritual experiences in nature during my childhood. I remember these happy moments when I was connected with what I call today the Golden Wind. I stored these experiences as images and can easily connect myself with them again to this day. Far too many children, teenagers and even adults today no longer have any real access to nature in a meaningful way. They have grown up with computer games, television and mobile phones; a limiting and artificial world. It is important that we encourage our children and grandchildren to experience the wonder and natural majesty of nature and its therapeutic effect upon the mind, body and spirit. Our Ego demands the type of relaxation and re-vitalization which is uniquely experienced in the serenity, beauty and peace of

nature. Our original source of being knows that nature is an ideal space for experiencing the **Golden Wind**.

In his book *Nature and the Human Soul* Plotkin laments, *"If we lose the forest, we lose our soul"*.

-Space of Experience

Music and Art

-Space of Experience

Dance

-Space of Experience

Sports

Here in Bhutan archery plays an important role. **Eugen Herrigel** in his book '**ZEN in the Art of Archery**', accurately and masterfully describes the mindfulness necessary for this sport. *"All necessary techniques need to be over-learned so that the necessary skills and arts flow from the unconscious. With respect to archery, this means that the archer and his target are no longer separate, but rather become one reality, interconnected. This state of unconsciousness is achieved only when he is completely free from his ego and at one with the perfection of his technical skill. This is something completely different from any progress that could be achieved in normal archery."* Archers practice for

years to hit the center disc of the target with their arrows. The Ego strives desperately for perfection. But as long as the Ego is in command one will not succeed. Success will follow only when the arrow is released with a smile on your face; a smile which follows from detachment from your EGO. **Eugen Herrigel** describes it wonderfully and pictorially, so that all of us who have not yet experienced this level of detachment can appreciate how it leads to success in all manner of sports activities. *"It is all so simple. You can learn from an ordinary bamboo leaf what matters. Through the weight of the snow, it will be pressed down. Suddenly the snow load slips off, although the leaf had not moved or resisted. Try to pause, similarly in archery. When the tension has reached its peak moment the arrow must fly and find its target."* Then the archer feels the **Golden Wind**. Thus, each sport can be an experience leading to greater inner spiritual maturation.

-Space of Experience

Religion

All religions offer several ways to experience the GOLDEN WIND.

-Space of Experience

Meeting People

Meeting people and having meaningful encounters with wonderful people, like our meetings here in Thimphu, has become immensely important for me. It is an opportunity to step outside of your ego-centeredness and listen to the other person with utmost awareness and compassion, those qualities which created

the atmosphere which connects all beings. It is a great time to manifest the belief that ***"The other one is going to reach out and meet me!"*** We need to be a listener in order to experience both the beautiful, and the less than beautiful influences in our lives

There are also sometimes encounters with difficult people with whom you do not feel connected due to their egocentricity. While admittedly difficult such encounters are excellent opportunities to practice empathy and compassion. If you are able to conduct a loving dialogue you can find LOVE in every encounter. ***"LOVE is the blueprint and the basis upon which the universe unfolds. Self-transcendence is another word for it. Love is transcendence, because it breaks up the ego boundaries and overcomes separation. It is the source of all forms, the experience from which all life originates and in which all life interconnects"***.... (Willigis Jäger in his book

-Space of Experience

Your Daily Life

-Distractions

Be careful of distractions which can short-circuit your path to a greater awareness of your potential! Mindfulness is the key, without which a meaningful life and the feeling of the Golden Wind will remain elusive. We pay a high price for it, too often expressed through loneliness, restlessness, nervousness, disorientation, fear of loss, fear of death, meaninglessness, depression and burn-out, as well as a myriad of other mental aberrations. We then try to release the tensions and resulting stress by indulging in idleness, scattering our resources and stimulating ourselves with harmful distractions, unnecessary consumerism, excessive dozing and harmful drugs and alcohol.

## Blockages of Individuation

Despite following a very intensive and disciplined spiritual path for many years I nevertheless found I continued to experience symptoms which I did not expect after such a prolonged period of meditative practices. Meditation literature generally only speaks of the **progress** one achieves through meditation.

***'Meditate and you'll be fine!'*** Well, as lovely a thought as that is, it is not always the case. Despite all of our mindfulness and spiritual practices, when we enter into our various spaces of experiences we may be triggered all of a sudden to experience fear when:

- we are angry
- we argue
- we are greedy
- we want to be a hero or a heroine
- we do not want to lose anything
- we are afraid
- we hurt others
- we want to dominate others
- we want to be right

Walter Schwery told me about a monk who approached him and said:

“Mr. Schwery, I have a big problem in spite of 30 years of ZEN-meditation!”

“What is your problem?”

“I get angry easily and very often and do not know how to stop it”, he said.

Many apparently highly spiritually advanced individuals are often involved in great conflicts.

There are blockages and constraints in our deep-psychology personal structure, which may stop the process of individuation when, despite all of our disciplined practices and enlightened experiences, our Ego manages to trigger non-compassionate thoughts; ones which do not hold love at their center. A psycho-therapy may be necessary.

The path we must follow to achieve and maintain a healthy state of maturity may sometimes be long and arduous, but it is always worthwhile.

I am coming to the end and therefore to the key messages of my lecture.

According to my deep experience of the GOLDEN WIND the growth of everybodies spirituality will extensively trigger the improvements in the 9 domains of the GNH-Index.

Spirituality is the key in the Western and Eastern world. The improvements of the domains will automatically follow. Additional programs for each domain will make life even better.

From my point of view it doesn't make sense for the industrialized countries to base the amount of finance support for the developing countries only on their GNP. It should much more be based on the improvement potentials of i.e. your domains. Then it is more specific.

Developing countries should please not forget their spiritual roots on their way to industrialization and modernization.

I learned in the graph of your GNH by age that there is a peak of happiness between 73 And 78. Thank you for this information. I am 71!

Obviously my happy years are going to come.

**Ladies and gentlemen, I am pretty sure that, with your background, you all understand well what I mean with GOLDEN WIND MANGEMENT. I understand your GNH concept with my background of the GOLDEN WIND. We have a joint conviction to develop a better world for the people we are responsible for. As we are all connected, everybody is responsible for everybody to**

**MAKE THE LIVING MORE LIVELY!**

**NAMASTE!**

